Cigarettes: 25 Facts

1. **Cigarettes have killed more Americans the last 10 years then in all of the Wars we have been in since we became a nation**.
2. Cigarettes kill over 440,000 Americans annually, 36,000 monthly, 9,000 weekly and 1200 daily.
3. 29,000 Floridians die annually from cigarettes.
4. 36,000 teenagers light up daily in Florida for the first time.
5. Kids under the age of 18 purchase and smoke over 30 million packs of cigarettes annually – just in Florida.
6. Cigarettes main causes of death are lung cancer, heart disease and emphysema.
7. There are 4,000 toxins in every puff– but smokers are addicted to NICOTINE – that is the only reason they smoke.
8. Smoking a drug is the most intense and addictive way to ingest a drug.
9. Cigarette smoking is also responsible for many deaths from oral cancers.
10. Cigarettes smoking takes 7-11 minutes per cigarette off your life expectancy.
11. The average cigarette smoker lives 16 less than a non-smoker.
12. Cigarette smokers are more prone to **ALL** diseases than non-smokers due to deplenished antioxidants caused by the ingestion of tobacco toxins.
13. Women who smoke menthol cigarettes have a harder time quitting then do men. This is primarily due to the increase in Cotinine in a woman's body. Cotinine is just one of the cancer causing bi-products of nicotine.
14. Smoking one pack of cigarettes a day puts the same stress on your heart as being 100 lbs. over weight.
15. Smoking cigarettes increases your LDL “bad” cholesterol.
16. Smoking Cigarettes increases your blood pressure.
17. Smoking cigarettes lowers the amount of oxygen to your vital organs and your entire body.
18. One pint of tobacco tar accumulates annually in your lungs per ½ pack of cigarettes consumed daily.
19. Breast milk of lactating women who smoke produce .5 mg of nicotine per liter.
20. Deaths in women smokers are now equivalent to men smokers.
21. Smoking deaths in women have increased by 600% since the 1950’s.
22. If you smoke your kids will smoke.
23. Cigarette smokers as a group have higher illegal drug use then do